

# MindfulVideo StreetwisdomBilly

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**[Buddhist Monk As A Natural Leader by Bro. Billy Tan](#)**

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**[ILLUSION, DELUSION, & DECEPTION by Bro Billy Tan @ BMV](#)**

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**["FROM PERCEPTION TO CONSEQUENCE" at Sentul Temple](#)**

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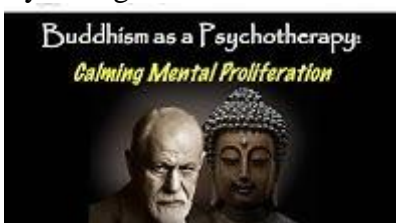


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**[BMV Exam Blessing Motivational Address by Bro. Billy Tan](#)**

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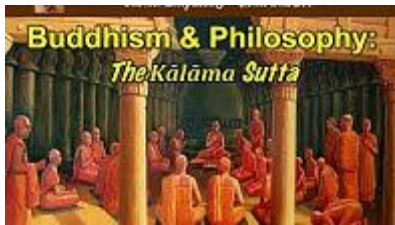


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**[Calming Mental Proliferation by Bro. Billy Tan](#)**

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[\*\*Buddhism & Philosophy: The Kalama Sutta\*\*](#)

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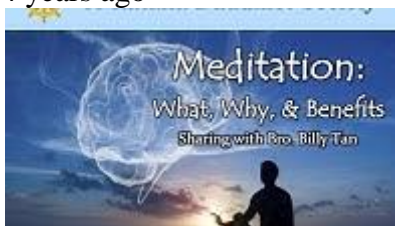


1:44:53

[\*\*MINDFULNESS AS A PSYCHOTHERAPY by Bro Billy Tan\*\*](#)

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[\*\*MEDITATION: What, Why, Benefits by Bro. Billy Tan\*\*](#)

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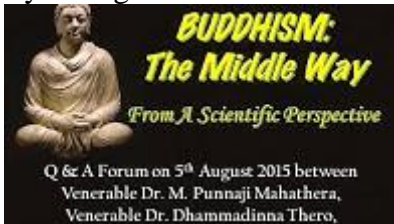


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[\*\*UNDERSTANDING & TAMING EMOTIONS by Bro. Billy Tan\*\*](#)

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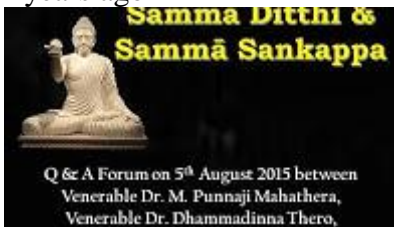


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[\*\*Q&A Forum: The Middle Way\*\*](#)

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[\*\*Sammā Ditthi & Sammā Sankappa: Presentation from Scientific perspective\*\*](#)

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[\*\*Special Presentation on Bhāvanā \(Cultivation\) by Bro. Billy Tan on 2nd Sept 2015\*\*](#)

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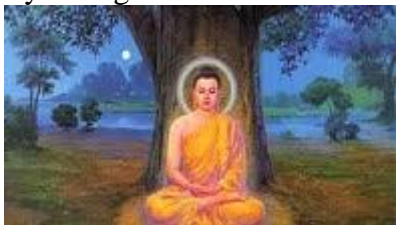


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[Sammā Vāyāma \(Right Effort\) by Bro. Billy Tan](#)

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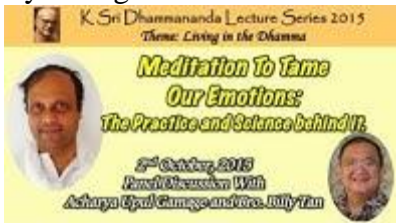


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[Sublime Eightfold Way: Humanistic Psychology by Bro. Billy Tan](#)

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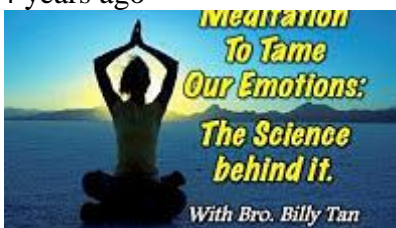


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[Meditation To Tame Our Emotions - Acharya Upul Gamage & Bro. Billy Tan](#)

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[Meditation To Tame Our Emotions - The Science behind it with Bro. Billy Tan](#)

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[\*\*DUKKHĀ: From A Scientific Perspective by Bro. Billy Tan \(Part 1 of 3\)\*\*](#)

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[\*\*The Four Mindful Realities of Stress with Bro. Billy Tan\*\*](#)

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[\*\*TEACH YOUR CHILDREN @ Golden Link College\*\*](#)

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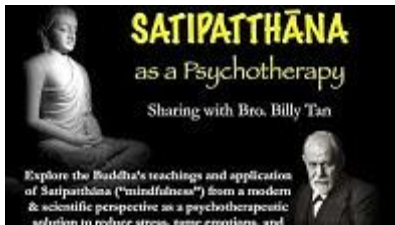


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[\*\*Gradual Training, Gradual Practice, Gradual Progress by Bro. Billy Tan\*\*](#)

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[\*\*Satipatthana Part 1: As A Psychotherapy by Bro Billy Tan @ BGF\*\*](#)

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[\*\*Satipatthana Part 2: Cultivating Mindfulness Based Emotional Composure by Bro Billy Tan @ BGF\*\*](#)

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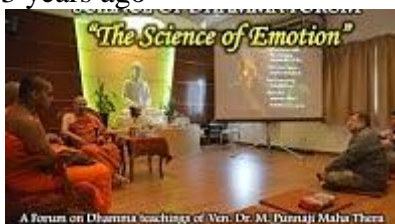


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[\*\*SCIENCE OF DHAMMA Session 2: From Perception To Concept with Bro. Billy Tan\*\*](#)

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[\*\*SCIENCE OF DHAMMA Session 3: The Science of Emotion with Bro. Billy Tan\*\*](#)

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[\*\*FROM CONCEPT TO CONFLICT sharing with Bro. Billy Tan\*\*](#)

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**[INNER TRAFFIC & SPACIOUS MIND with Acharrya Upul Gamage and Bro. Billy Tan](#)**

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**[Bro. Billy Tan on "INNER TRAFFIC & SPACIOUS MIND"](#)**

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**[ACHARYA UPUL GAMAGE on "INNER TRAFFIC & SPACIOUS MIND"](#)**

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**[LSD BREATHING](#)**

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**[JOY IN THE WORLD THROUGH LOVING KINDNESS by Bro. Billy Tan](#)**

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[\*\*LAUGHTER YOGA FOR HEALTH, HAPPINESS, HARMONY at Theosophical Society Philippines\*\*](#)

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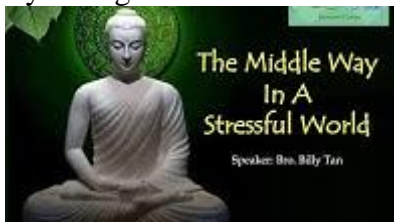


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[\*\*LAUGHTER YOGA AT KOSTKA SCHOOL, PHILIPPINES\*\*](#)

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[\*\*The Middle Way In A Stressful World at Wisdom Park by Bro. Billy Tan\*\*](#)

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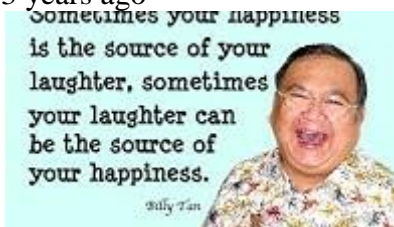


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[\*\*Mindfulness Based Emotional Composure @ OB Montessori Fairview, Philippines with Bro. Billy Tan\*\*](#)

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[\*\*Laughter Yoga Exercises at Sri Lanka Buddhist Temple\*\*](#)

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**"Laughter Therapy In A Stressful World" ("Laughterapy") by Bro. Billy Tan**

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**Toastmasters speech "LAUGHTER THERAPY" on 11th April 2017**

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**LAUGHTER YOGA for OPT Green Team 15-April-2017**

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**Presentation on Laughter Yoga to OPT Green Team on 15-April-2017**

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**MINDFUL BREATHING for Health by Bro. Billy Tan**

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**The 3 Myths of Laughter Yoga by Bro. Billy Tan**

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**[THE 3-STEP SELF-COMPASSION PROCESS TO HANDLE STRESS by Bro. Billy Tan](#)**

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**[Toastmasters Project CC10](#)**

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**[TAMING LUST & HATRED at SABS with Bro. Billy Tan](#)**

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**[MINDFULNESS BASED EMOTIONAL COMPOSURE by Bro. Billy Tan](#)**

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**[REVISION-1 of Bhante Punnaji lessons with Bro. Billy Tan on 3-July-2017](#)**

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**[GETTING IN THE ZONE at Sentul Temple by Bro. Billy Tan on 13-July-2017](#)**

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**[REVISION-2 of Bhante Punnaji lessons with Bro. Billy Tan on 17-July-2017](#)**

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**[KARANIYAMETTA SUTTA with Bro. Billy Tan 23-July-2017](#)**

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**[REVISION-3 of Bhante Punnaji lessons with Bro. Billy Tan on 31-July-2017](#)**

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**[CULTIVATING MINDFULNESS BASED EMOTIONAL COMPOSURE by Bro. Billy Tan](#)**

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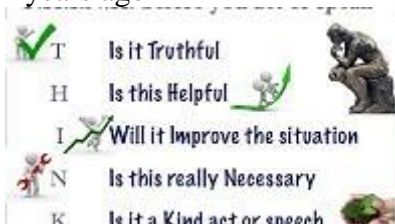


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**[Daniel Goleman's 3 Windows of Opportunity - Bro. Billy Tan](#)**

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**[T.H.I.N.K. before you Speak or Act - Bro. Billy Tan](#)**

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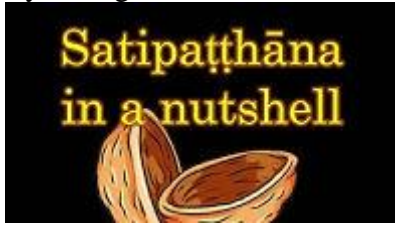


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[\*\*The 3-step Self-Compassion Solution by Bro. Billy Tan\*\*](#)

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[\*\*SATIPATTHANA IN A NUTSHELL with Bro. Billy Tan\*\*](#)

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[\*\*FROM MEDITATION TO LAUGHTER YOGA with Bro. Billy Tan\*\*](#)

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[\*\*METTA BLESSINGS WITH LAUGHTER YOGA @ SABS with Bro. Billy Tan\*\*](#)

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[\*\*SAKKAYA DITTHI: When Self Comes To Mind by Bro. Billy Tan\*\*](#)

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[\*\*"Selective Thinking" sharing at Wisdom Park by Bro. Billy Tan on Nov 11, 2017\*\*](#)

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[\*\*Carry Truthful, Positive, Happy Thoughts\*\*](#)

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[\*\*LAUGHTER YOGA ASPIRATIONS FOR 2018!\*\*](#)

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[\*\*ABANDONING THE 5 HINDRANCES by Bro. Billy Tan \(21-Dec-2017\)\*\*](#)

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[\*\*MINDFUL REALITIES OF STRESS at Metta Lodge by Bro. Billy Tan \(20-Jan-2018\)\*\*](#)

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[\*\*Panca-Khandha: The Process of Perception from a Scientific Perspective by Bro. Billy Tan\*\*](#)

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[\*\*Laughter Yoga for Kids at SASBA with Bro. Billy Tan\*\*](#)

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[\*\*PSYCHOSOMATIC EFFECT - The Mind-Body Connection with Bro. Billy Tan\*\*](#)

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[\*\*Sammā Vāyāma: Harmonious Exercises \("Right Effort"\) by Bro. Billy Tan\*\*](#)

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[\*\*LAUGHTER YOGA METTA BLESSING FOR THE NATION with Bro. Billy Tan\*\*](#)

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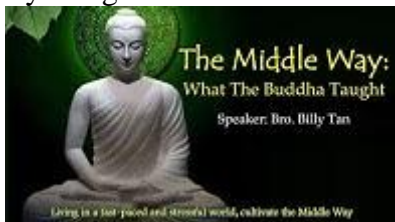


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[\*\*SPIRIT OF VESAK BY BRO. BILLY & SIS. AU-YANG @ WISDOM PARK\*\*](#)

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[\*\*THE MIDDLE WAY: WHAT THE BUDDHA TAUGHT by Bro. Billy Tan\*\*](#)

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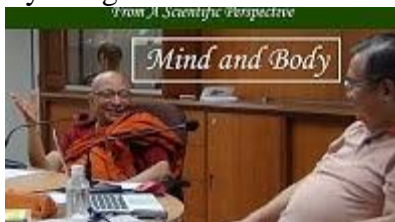


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[\*\*THE PSYCHO SOMATIC EFFECT - Theosophical Soliman-Raja Lodges\*\*](#)

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[\*\*REVIEW #1 of Bhante Punnaji Lessons - 13-AUG-2018 with Bro. Billy Tan\*\*](#)

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[\*\*LAUGHTER YOGA BLESSING at Shah Alam Buddhist Society\*\*](#)

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[\*\*ARIYAMAGGA BHAVANA - IN MEMORY OF VEN. DR. M. PUYNAJI MAHA THERA\*\*](#)

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[\*\*REVIEW #3 of Bhante Punnaji Lessons - 3-SEPT-2018 with Bro. Billy Tan\*\*](#)

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[\*\*REVIEW #7 Bhante Punnaji Lessons - 3-Dec-2018 SUMMARY OF PATICCA SAMUPPADA with Bro. Billy Tan\*\*](#)

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[\*\*THE 3 EVIL ROOTS at Mudita Buddhist Society with Bro. Billy Tan\*\*](#)

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[\*\*REVIEW #5 Bhante Punnaji Lessons - 15-Oct-2018 PART 1 OF PATICCA SAMUPPADA with Bro. Billy Tan\*\*](#)

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[\*\*LAUGH OUT 2018, LAUGH IN 2019\*\*](#)

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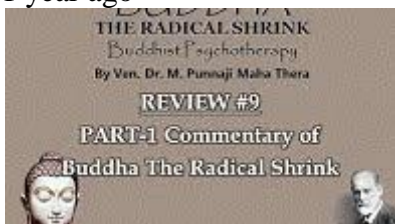


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[\*\*REVIEW #6 Bhante Punnaji Lessons - 22-Oct-2018 PART 2 OF PATICCA SAMUPPADA with Bro. Billy Tan\*\*](#)

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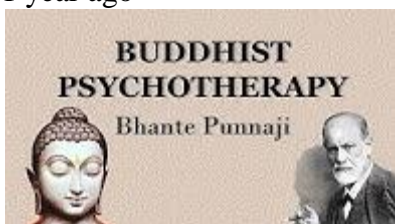


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[\*\*REVIEW #9 - BUDDHA THE RADICAL SHRINK - PART 1 \(31-Dec-2018\) with Bro. Billy Tan\*\*](#)

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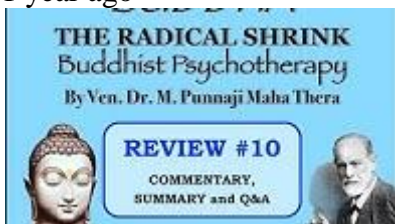


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[\*\*BUDDHIST PSYCHOTHERAPY by Bhante Punnaji\*\*](#)

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[\*\*REVIEW #10 - BUDDHA THE RADICAL SHRINK - FINAL COMMENTARY \(25-Feb-2019\) with Bro. Billy Tan\*\*](#)

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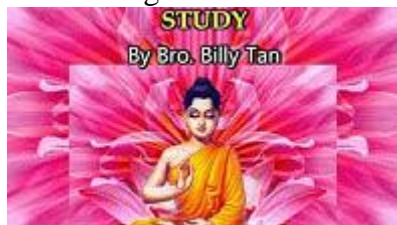


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[\*\*DHAMMAPADA #183 "Avoid Evil, Do Good, Purify Mind" by Bro. Billy Tan\*\*](#)

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[\*\*DHAMMAPADA STUDY verses 183, 184 & 185 by Bro. Billy Tan\*\*](#)

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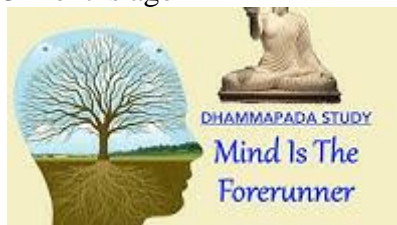


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[\*\*TAMING EMOTIONAL MIND\*\*](#)

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[\*\*MIND IS THE FORERUNNER \(Manopubbaṅgamā dhammā\) - Sharing with Bro. Billy Tan\*\*](#)

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